

Dear Living Tree members and friends,

THE LIVING TREE CORONAVIRUS ACTION

We are living through unprecedented times and we have all now received the latest UK government advice to stay at home – more information on this at www.gov.uk/coronavirus. For full NHS guidance see [here](#).

Living with so much uncertainty with no control over events, is difficult indeed. To socially distance ourselves can cause feelings of isolation so it is important we keep in touch with each other by whatever means we can. We have some ideas about how we can do this. What is clear is that alongside this unfolding situation internationally, nationally and locally there are many inspiring acts of collective and individual kindness.

Bridport and its surrounding villages and our LT members are no exception to this. So stay safe and keep in touch. The Living Tree is very much alive and well, but active only at a distance for the moment, until we are advised otherwise – and then we will resume our meetings and events programme. We will be publishing the newsletter every 2 weeks from now on so we can keep you in touch with new initiatives as things change and develop.

LOCAL RESOURCES

If you are self-isolating for whatever reason, there are resources available within the community. Bridport town council has provided information about resources and organisations within Bridport <https://www.bridport-tc.gov.uk/contact-information-for-organisations-in-bridport/>. There is also now a Bridport Coronavirus Community Support Group <https://www.facebook.com/groups/413504675760119/> and Nextdoor <https://nextdoor.co.uk> there to offer many kinds of help.

Sherry is posting daily on The Living Tree [Facebook](#) page, with a mine of useful information and uplifting responses to this situation.

WHAT ELSE WE CAN DO TO HELP EACH OTHER

TELEPHONE SUPPORT SERVICE

We are setting up a telephone support service. If you are in isolation or would like to chat to another Living Tree member (about non-medical issues), please email Rosemary with your phone number at thelivingtreedorset@gmail.com. If you do not have internet please phone and leave a message on 07341 916976 with your name and phone number and we will get back to you. Please can we also ask LT members who would be willing to be 'listeners' to email Rosemary giving their phone numbers and she will match people up for a conversation.

MACMILLAN RESOURCES

If you have concerns about medical issues concerning your cancer or treatment Macmillan has a number of useful resources and virtual support. Please note that any urgent issues should still be referred to your Clinical Nurse Specialist. The Macmillan Support Line is open and free to call: 0808 8080000 seven days a week, 9am – 5pm. There is a Macmillan online community

https://community.macmillan.org.uk/?_ga=2.262204556.1005417077.1584443318-1429638338.1580739434 and Age UK has a useful website: <https://www.ageuk.org.uk/>

WORRY-BUSTING with Louise Wender: ZOOM 3.15pm FRIDAY 3 APRIL
For those new to this, Zoom is a web-based communications platform for meetings or events. Free of charge for basic use. Here's a message from Louise:

Dear All, We truly do have the technology to stay connected with Worry Busting sessions at this strange time in our lives.

It is my intention to be able to continue 'meeting' with you for our monthly get togethers - in a virtual way! I am, of course, aware that some of you may not be online, and I'm sorry that you won't be able to participate.

I intend to set up Zoom meetings online, the first on Friday 3 April 3.15 - 4.00pm. We would 'meet' in the same way as always - informally, come and go as you please, in confidence, bring tea, snacks, blankets, whatever you need - from the comfort of a room of your choice in your own home. Just please be sensitive about not being able to share that delicious cake or chocolate that everyone will be able to see you enjoying!

If you are interested please:

a) *contact me directly by email at louise@louisewender.co.uk so that I can then send an invite to you all with the time and date for the session;*

b) *download Zoom to your device - I believe it is available as an app for phones as well as desktops and iPads (if you get super stuck phone me and I'll do my best to assist, although please be mindful that tech is not my area!).*

I am very much hoping that we will still be able to meet as we would have done at LT, so please do get in contact ASAP.

I look forward to being able to help you stay connected.

With love, and thinking of you all, Louise

MINDFULNESS

There is a great resource you can access on line - <https://www.thecbtresource.co.uk/> with a downloadable document with very useful ideas for managing stress during this time. We have also had a lovely message from Sue Howse our regular mindfulness teacher:

Dear All, I'm wondering how you all are in these turbulent difficult times. Every day we find ourselves with more change and loss, and with emotions that tend to overwhelm us. How do we meet these challenges in a real authentic way – whether it is in anger, sadness, fear or anxiety?

Can we allow ourselves to experience whatever is there, not push ourselves too hard and really take note of what we need right now in this moment. This current situation which we cannot fix or problem solve – what does that feel like?

Can you bring some compassion - fierce compassion - to your-self, really practising be-friending yourself; even when you lose the plot? This really is a time for simple steps: baby steps, in looking after yourself.

How do we stay calm in the midst of the storm? I have been using Jon Kabat-Zinn's Mountain & Lake meditations - they are such helpful metaphors. Also Kirsten Neff Soften Soothe Allow.

I am part of an on-line world group practicing Mindful Self Compassion, to hear others from all over the world struggling as we all are Supporting each other is common humanity, the recognition that we are all in this human boat together.

Mindfulness and Kindness are on one hand, Compassion & Self-compassion are on the other.

Maybe when you need to ground yourself, just hold your own hand and give yourself a compassionate wish of good-will and ask what you need to hear in that moment. Try a simple practice each day of Mindfulness and Breath.

Much love, Sue Howse

TRIPUDIO

Friday meetings always start with Tripudio, a daily 15 minute lymphatic and cardiovascular exercise regime which can be done in your home, patio or the smallest garden. If you know the regime, keep doing it – it is an excellent gentle workout. For those who have not experienced this at Living Tree meetings the full diagram of the exercise is up on the Living

Tree [Facebook](#) page for you to follow or contact Julia Williams (who developed Tripudio) directly for further information: info@tripudiomovement.co.uk. Tripudio videos are also available on YouTube: <https://www.youtube.com/watch?v=egQpIP3U1LE>

WRITING WORKSHOPS with Sarah Cooper

Sarah Cooper is currently working on a web version of a writing on-line group. We will have more news of this in the next newsletter. In the meantime there is a Living Tree Facebook writing group already meeting and Living Tree members can join that. The link is: <https://www.facebook.com/groups/900274730437584/>

STEPPING OUT

Jo and Richard are currently devising ways to support us. More news of this in the next newsletter.

OTHER EVENTS AND LOCAL SUPPORT GROUPS

AXMINSTER AND LYME CANCER SUPPORT, C'SIDERS WEYMOUTH & PORTLAND CANCER GROUP, BUTTERFLIES CANCER SUPPORT Dorchester and STALBRIDGE CANCER & RECOVERY SUPPORT group meetings are now cancelled until further notice. Contact these groups directly to find out about other kinds of support available in these areas.

CONTACT US

Tel 07341 916976. Contact thelivingtreedorset@gmail.com with any mailing list enquires/changes of address, ideas for events or items you would like to include in the next newsletter or on the website.

LIVING TREE WEBSITE

www.thelivingtree.org.uk - have you visited our website or [Facebook](#) page recently? Info being added all the time. Our INSTAGRAM address is the_living_tree_dorset – thanks to Karen. We have discontinued our Twitter account.